

prevention - protection - enforcement



EMT
Student
Workbook

The Office of Emergency Medical Services has adopted the US Department of Transportation National Education Standards EMT as the foundational course of study for all EMT Candidates in the State of South Dakota. This course will provide you with the knowledge and skills to provide quality pre-hospital care to the sick and injured.

This workbook has been produced to assist you in understanding the course requirements along with preparing you for the National Registry written and practical examinations. The Office of EMS wishes you the best of luck and welcomes you into the rewarding world of Emergency Medical Services.

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Chapter 1: State EMS Staff & Responsibilities

Congratulations on your decision to enter into the world of EMS by becoming an Emergency Medical Technician. EMS is a rewarding profession that requires a special person with dedication, compassion and an overwhelming amount of self-sacrifice.

The EMS Office is part of the Department of Public Safety and consists of 6 staff members located in Pierre, Sioux Falls, and Rapid City to best serve the EMS system in South Dakota. During your course of study we will provide you with, not only the information contained within this handbook, but visit your class at the beginning and close to the conclusion of your class. In the opening class we will review information contained within this handbook, complete registration paperwork, and review not only your responsibilities but that of your instructor and the state. During the class closing session you will be given instruction on the National Registry written and practical examination process and answer any last minute questions to better prepare you for the final examination.

South Dakota Department of Public Safety Emergency Medical Services Staff

Director

Marilyn Rutz, NRP

Emergency Medical Services

South Dakota Department of Public Safety

118 W Capitol Avenue Pierre, South Dakota 57501

Phone: (605) 773-4031 Fax: (605) 773-6631

E-mail: Marilyn.rutz@state.sd.us

Educational & Professional Standards Coordinator

Brad Janecke, NRP

Emergency Medical Services

South Dakota Department of Public Safety

118 W Capitol Avenue Pierre, South Dakota 57501 Phone: (605) 773-4031

Fax: (605) 773-6631

E-mail: brad.janecke@state.sd.us

West River Emergency Medical Specialist

Alan Johnson, NRP

Emergency Medical Services

South Dakota Department of Public Safety

510 Campbell Street

Rapid City, South Dakota 57703

Phone: (605) 394-6027 Fax: (605) 394-1677

E-mail: alan.johnson@state.sd.us

Central Emergency Medical Specialist

Robert Hardwick, EMT-Intermediate/99

Emergency Medical Services

South Dakota Department of Public Safety

118 W Capitol Avenue Pierre, SD 57501 Phone: (605) 773-4031

Fax: (605) 773-6631

E-mail: bob.hardwick@state.sd.us

Eastern Emergency Medical Specialist

Robert Keys, Data Research Analyst, NRP

Emergency Medical Services

South Dakota Department of Public Safety

315 N Main, Suite 210 Sioux Falls, SD 57104 Phone: (605) 367-4249 Fax: (605) 367-4253

E-mail: robert.keys@state.sd.us

Secretary

Aspen Joiner

Emergency Medical Services

South Dakota Department of Public Safety

118 W Capitol Avenue Pierre, SD 57501 Phone: (605) 773-4031 Fax: (605) 773-663

E-mail: Aspen.joiner@state.sd.us

EMT Student Workbook

Included within this document are staff listings and contact information, state guidelines and applicable laws, hospital observation guidelines, class and preceptor evaluations and National Registry practical exam documents that will assist you during your practical sessions during this course. You will need to keep this document handy and bring it with you during your course up to the final examination as it has important information that will be beneficial to you.

EMS Applicable Laws

South Dakota has specific Administrative Rules and Codified Laws regarding the operation of ambulance services, levels of EMS providers, and functions each level can provide. You will need to become familiar with these laws as you become an EMT and start to work on an ambulance service.

Administrative Rules and Codified Laws can be found on our website at http://dps.sd.gov/emergency_services/emergency_medical_services under EMS Laws.

Ambulance Radio and Trip Reports

When you become an EMT and start to work for an ambulance service you will be tasked with the responsibility to radio into the hospital and give a report which will describe the initial call, patient presentation, initial condition, care rendered and final condition of the patient to the receiving hospital. Trip reports are done after the call and entered into a computer based program that provides the State EMS Office with valuable information regarding the calls throughout the state.

Suspected Child Abuse and Neglect (SCAN) Introduction

At one time, people thought child abuse was a rare phenomenon; but it is a complex social and health problem that seems increasingly common and more often fatal. The seeming worsening of the problem may be due to increased awareness and reporting. Even so, the problems of abuse and neglect are still thought to be more serious than the statistics indicate. Child abuse is progressive, that is, the child may be continually abused with increasing severity, until death ultimately results. Child abuse can occur in any family and is found at all socioeconomic levels. Child abuse can take several different forms, often occurring in combination. Forms of child abuse include; psychological, physical and sexual abuse/neglect.

Definitions:

The legal definition of child abuse or neglect is outlined according to South Dakota Codified Law as: 26-8A-2. Abused or neglected child defined. In this chapter and chapter 26-7A, the term, abused or neglected child, means a child:

(1) Whose parent, guardian, or custodian has abandoned the child or has subjected the child to mistreatment or abuse;

- (2) Who lacks proper parental care through the actions or omissions of the child's parent, guardian, or custodian;
- (3) Whose environment is injurious to the child's welfare;
- 4) Whose parent, guardian, or custodian fails or refuses to provide proper or necessary subsistence, supervision, education, medical care, or any other care necessary for the child's health, guidance, or well-being;
- (5) Who is homeless, without proper care, or not domiciled with the child's parent, guardian, or custodian through no fault of the child's parent, guardian, or custodian;
- (6) Who is threatened with substantial harm;
- (7) Who has sustained emotional harm or mental injury as indicated by an injury to the child's intellectual or psychological capacity evidenced by an observable and substantial impairment in the child's ability to function within the child's normal range of performance and behavior, with due regard to the child's culture;
- (8) Who is subject to sexual abuse, sexual molestation, or sexual exploitation by the child's parent, guardian, custodian, or any other person responsible for the child's care;
- (9) Who was subject to prenatal exposure to abusive use of alcohol or any controlled drug or substance not lawfully prescribed by a practitioner as authorized by chapters 22-42 and 34-20B; or
- (10) Whose parent, guardian, or custodian knowingly exposes the child to an environment that is being used for the manufacture, use, or distribution methamphetamines or any other unlawfully manufactured controlled drug or substance.

Recognition

There are times you will treat an injured child and never realize that he or she has been abused. However, there are certain indications that abuse may be occurring in or outside the home. It is the responsibility of the EMT to be aware of the many signs and symptoms of child abuse and neglect. This can be accomplished through proper training and continuing education in relevant areas. Common things to be aware of are:

- Slap marks, bruises, abrasions, lacerations, and incisions of all sizes and with shapes matching the item used. You may see wide welts from belts, in looped shapes from cords, or in the shape of a hand from slapping. You may find swollen limbs, split lips, black eyes, and loose or broken teeth. Often the injuries are to the back, legs, and arms. The injuries may be in various stages of healing as evidenced by different colored bruises.
- Broken bones are common and all types of fractures are possible. Many battered children have multiple fractures, often in various stages of healing, or have fracture-associated complications.
- Head injuries are common with concussions and skull fractures being reported.
 Closed head injuries occur to many infants and small children who have been severely shaken (Shaken Baby Syndrome). Indications of shaking an infant include a bulging fontanel due to increased intracranial pressure from the
- bleeding of torn blood vessels in the brain, unconsciousness, and typical signs and symptoms of head and brain injury.

- Abdominal injuries include ruptured spleens, livers, and lungs lacerated by broken ribs. Internal bleeding from blunt trauma or punching and lacerated or avulsed genitalia.
- Bite marks may be present showing the teeth size and pattern of the adult mouth.
- Burn marks that are small and round from cigarettes; "glove" or "stocking" burn
 marks from dipping in hot water; burns on buttocks and legs (creases behind the
 knees and at the thighs are protected when flexed); and demarcation burns in the
 shape of an iron, stove burner or other hot utensil are frequently found.
- Many different types of injuries to both sides or to the front and back of the body.
 This gains even more importance if the adults on the scene keep insisting that the child "falls a lot."
- Fear on the part of the child to tell you how the injury occurred. The child may seem to expect no comfort from the parents and may have little or no reaction to pain.
- Repeated responses to provide care for the same child or children in a family.
 Remember that in areas with many hospitals you may see the child more frequently than any one hospital.
- Indications of past injuries. This is why you must do a physical examinations and why you must remove articles of clothing. Pay special attention to the back and buttocks of the child.
- Poorly healing wounds or improperly healed fractures. It is extremely rare for a child to receive a fracture, be given proper orthopedic care, and then show angulations or large "bumps" and "knots" of bone at the "healed" injury site.
- Indications of past burns or fresh bilateral burns. Children seldom put both hands on a hot object or touch the same hot object again (true, some do...this is only an indication, not proof). Some types of burns are almost always linked to child abuse, such as cigarette burns to the body and burns to the buttocks and lower extremities that result from the child being dipped in hot water. The parental care giver at the scene, who does not wish to leave you alone with the child, tells conflicting or changing stories, overwhelms you with explanations of the cause of the injury, or faults the child may rouse your suspicions and cause you to assess the situation more carefully.

Reporting

Although you as an EMT are not legally required to report suspected cases of child abuse or neglect, you do have a moral and professional obligation to do so. We as EMT's are at times the only outside contact a child suffering from abuse or neglect may have. Remember, it is not an EMT's responsibility to determine if an individual child is actually suffering from abuse or neglect; however, it is an EMT's moral and professional duty to report the suspected neglect or abuse to law enforcement or a hospital medical staff member. The following excerpt is the state law requiring specific individuals to report suspected child abuse or neglect.

SDCL 26-8A-3. Persons are required to report child abuse or neglected child - intentional failure is a misdemeanor. Any physician, dentist, doctor of osteopathy, chiropractor, optometrist, mental health professional or counselor, podiatrist, psychologist, religious healing practitioner, social worker, hospital intern or resident, parole or court services officer, law enforcement officer, teacher, school counselor, school official, nurse, licensed or registered child welfare provider, employee or volunteer of a domestic abuse shelter, chemical dependency counselor or coroner, who have reasonable cause to suspect that a child under the age of eighteen has been abused or neglected as defined in 26-8A-2 shall report that information in accordance with 26-8A-6, 26-8A-7 and 26-8A-8. Any person who intentionally fails to make the required report is guilty of a Class I misdemeanor. Any person who knows or has reason to suspect that a child has been abused or neglected as defined in 26-8A-2 may report that information as provided in 26-8A-8.

Conclusion

Child abuse deaths occur in greatest numbers among infants, followed by toddlers, and preschool children. Children younger than 6 years of age are most vulnerable to abuse because of their small size, incomplete verbal skills, and limited contact with adults other than their primary caretakers. Lack of adequate infant and child death investigation is an impediment to preventing illness, injury, and death of other children at risk. Collaboration between agencies enhances the ability to determine accurately the cause and circumstances of death or injuries. Information about the death or injuries of one child may lead to preventative strategies to protect the life of another.

Elder Abuse

EMS Laws SDCL 22-46-9. Anyone who knows, or has reasonable cause to suspect, that an elder or disabled adult has been or is being abused or neglected, shall, within twenty-four hours, report such knowledge or suspicion orally or in writing to the state's attorney of the county in which the elder or disabled adult resides or is present, to the Department of Social Services, or to a law enforcement officer. Any person who knowingly fails to make the required report is guilty of a Class 1 misdemeanor.

Communicable Disease Prevention

It is important that every person within the health care community afford themselves protection when it comes to communicable diseases. A common concern of the EMT is Human Immunodeficiency Virus (HIV), Acquired Immune Deficiency Syndrome (AIDS) and Hepatitis B. These seem to cause the most concern; however, contact with any communicable disease is a serious risk. Consider that you put not only yourself at risk, but also family and friends who may become exposed through contact with you! Your own health and safety must be your first consideration. Medical Directors cannot force you to take protective measures; however, if you neglect to take proper precautions after being advised of the dangers, you bear the responsibility for the consequences of your own actions. This may include the financial responsibilities.

Services will provide you with some type of hand protection. Gloves, even though uncomfortable and inconvenient, provide a first line of defense against infection. Most

contact with an infected patient that causes problems for EMS personnel comes from contact with your hands. Therefore, it is extremely important that you glove up before you pull up, properly dispose of used gloves after a run, and then thoroughly wash your hands. Additional protection that helps keep you at minimal risk is safety glasses and a mask. However, some situations may make them a hindrance to patient care. It is suggested that they be available for your use and that you exercise good judgment as to using them to provide yourself at least minimal protection when splatters of body fluids may occur (extrications, etc.).

Remember these important principles:

- 1. Don't become part of the problem, remain part of the solution.
- 2. Error on the side of safety.

Your safety is more important than your patients safety - without you, they have no care or protection. Remember to <u>GLOVE UP</u> before you <u>PULL UP</u> and if the situation dictates, provide yourself eye and respiratory protection. Again, it is worth repeating that it is extremely important that after an ambulance run used gloves are disposed of properly and your hands are thoroughly washed. If you would like additional training concerning facts and myths in dealing with communicable diseases, contact the nearest Rural Health Education Center or the South Dakota Department of Health http://doh.sd.gov or the CDC at http://www.cdc.gov/.

Chapter 2: Student Responsibility and Clinical Requirements

This chapter contains information that will assist you in your preparation to the final examination along with score sheets from the National Registry of Emergency Medical Technicians and a scenario based triage accident.

Check List

The EMS Office requires that all EMT candidates complete a series of tasks prior to taking the final examination. Some of these items you will need to show proof of to your instructor prior to receiving your course completion certificate. Others you will be required to bring with you to the examination.

Items to complete and turn in to your instructor:

- National Registry application and fee (\$70)
 - 1. Log on to www.nremt.org and create your account
 - 2. Create a New Application
 - 3. Pay Application Fee
 - 4. See page 29 for detailed instructions
- Hospital/Ambulance observation form
- Preceptor evaluation form
- Vital Sign evaluation form
- Patient Assessment form

Items to bring and/or turn in at exam site:

- Valid Photo ID
- Course Evaluation Form
- Clinical Site Evaluation Form

Instructor Courtesy in the Classroom

EMT classes typically have one class coordinator who oversees the course as a whole, some will have instructors come in and teach a portion or topic that they specialize in. Instructors put a tremendous amount of time and energy into courses before they even step into the classroom. A classroom is a formal setting in which both instructors and students both have rights and responsibilities, should respect each other, and they both should do all they can to help the educational process achieve its maximum effectiveness. There are several basic forms of etiquette that most people know, the items below may be a review for many but please keep them under consideration throughout your course of study:

- Attendance-you are only afforded 3 absents per the State EMS Office throughout the entire course. Special considerations apply to situations beyond your control and are handled on an individual basis through your lead instructor.
- Promptness-due to the amount of material and the normal duration it is imperative
 that you be in the classroom and ready for class before the starting time.
 Tardiness is an unacceptable behavior. Your instructor will provide you with their
 rules at the beginning of the course.
- Breaks-instructors are very good about scheduling breaks. Typically you will take
 a break every hour during the classroom portion but this is up to the lead instructor
 to set. If there is an emergency, politely excuse yourself from the class.
- Class Ambience-distractions can be very hindering to the classroom; therefore, please refrain from talking out of turn, talking to other students, or arguing with the instructor.
- Classroom Interaction-ideally there is interaction between the students and the instructor to effectively convey knowledge from one to another. You should be ready at any time to answer questions that may come up during your class. If you don't know the answer simply say so and talk about it and don't be afraid to ask a question. There is no such thing as a dumb question and typically the question you have others have also. It is encouraged that if you have a question to raise your hand and wait to be called upon. Remember each student has equal rights in the classroom and instructors want to answer as many questions as they can so the students have a good understanding of the topic.
- Practical/Study Sessions-during your EMT class you will have a number of practical and study sessions. These sessions are very important as you will be tested on the practical component during the final examination. Please remember even though you are given all of the answers for the practical examination you should concentrate on treating an actual patient. Once you have these skills in place you will not only be ready for the test but you will be more confident out in the field.

In Hospital/Ambulance Observation Guidelines

A minimum of ten hours in-hospital/ambulance service observation is required of an EMT student. The observation time is documented by completing the In-Hospital/Ambulance Service Observation Form located in Chapter 3 and is submitted to the course coordinator for recording and then returned to the student. This documentation is one of the forms an EMT student will submit to the instructor prior to the regional examination. In addition, the course coordinator will request that the hospital or ambulance service providing observation time complete an evaluation of the student by completing the Preceptor Evaluation Form located in the Appendix. The 10 hours are required by the time you take your final examination. You may choose to split the time with 5 hours on an ambulance or 5 hours in the hospital or you take all 10 hours on one or the other. Those hospital and ambulance sites agreeing to provide observation time do so voluntarily as they recognize the benefit it provides to both the student and patient. Always remember that the observation period is a privilege, not a right and a high level of professionalism is required.

When reporting for the in-hospital/ambulance service observation, please observe the following general guidelines as well as the specific guidelines required by the individual hospital/ambulance service you will be observing:

- Wear clean, dark colored, comfortable dress slacks and a plain white shirt without patches or logos. Shoes are to be clean and comfortable. No jeans, T-shirts, Western style boots, or open toe shoes should be worn. Jackets would also be appropriate but without patches or logos. Always remember to dress according to weather conditions. Bring gloves, head cover, etc., if weather conditions indicate a possible need.
- Report on time to the staff person or area designated to you. You should cancel
 only if absolutely necessary. If it becomes necessary to cancel, notify the appropriate
 people as soon as possible. It is important to remember that available ride time
 may be limited and rescheduling may be difficult.
- 3. Maintaining patient confidentiality is mandatory. If you are found jeopardizing the patient/provider relationship, you will be dismissed immediately from further observation time and the EMT training program.
- 4. Be sure to read and follow specific observation policies for the hospital/ambulance service that is providing your observation time.
- 5. Never attempt to perform skills that are outside your training ability.

Vital Signs Form

An EMT student is required to demonstrate his/her ability to take a blood pressure, pulse, and respirations within specified limits. The vital signs performance evaluation form is located in Chapter 3 is to be completed and submitted to the course coordinator/instructor for recording and then returned to the student. The student will submit the vital signs performance documentation to their instructor prior to the regional examination.

Patient Assessment Form

An EMT student is required to complete 10 patient assessments on live or standardized (simulators, mannequins, classroom practice) patients. These may be completed in the ER or ambulance service, if allowed, and during classroom training & practice. The patient assessment form is located in Chapter 3 is to be completed and submitted to the course coordinator/instructor for recording and then returned to the student. The student will submit the patient assessment form to their instructor prior to the regional examination.

National Registry Testing Process

EMT Practical Examination

The practical examination is based on the National Registry of Emergency Medical Technicians Skills Sheets located in Chapter 3. The results of the practical examination remain valid for up to one year after the date it was successfully completed. Both the practical and the computer based examination must be completed within one year of each other. For instance if you pass the practical examination and you do not complete the computer based exam within one year you will have to repeat the practical exam again. The National Registry requires that you complete both components within two years of the course completion date. If the examinee fails two or less stations on the first attempt he/she is allowed a second attempt to pass those stations that same day. An examinee not successful on the second attempt is allowed a third attempt at a different site with a different examiner.

The failure of three or more stations during the first attempt results in a complete failure of the practical examination and requires the examinee to retest the entire practical examination at a later date with a different examiner. Prior to scheduling a second attempt, the examinee is required to provide documentation of having received remedial training.

An examinee is allowed to test a single skill a maximum of three times before retaking the entire practical examination. Failure to pass on the third attempt would require the examinee to document remedial training and retest the entire practical examination at another site.

EMT Computer Based Examination

An examinee is allowed three attempts to pass the computer based examination. A fourth attempt is allowed only after the completion of a state-approved National Standard EMT refresher course. All attempts to pass the computer based examination are to be completed within two years of the course completion and within one year of passing the practical examination.

Upon successful completion of the practical and computer based components of the National Registry examination candidates may check their exam status within 24-48 hours on line at www.nremt.org.

South Dakota EMT Certification

To become a South Dakota certified EMT, students are required to successfully complete the National Registry of EMT's practical and CBT examinations within two years of completing the course.

To be eligible to take the National Registry practical and written examinations, the EMT-Basic student must

- be 18 years of age;
- have successfully completed the EMT course;
- have successfully completed the In-Hospital/Ambulance Service Observation form;
- have successfully completed the Vital Signs Performance Evaluation form;
- be currently certified in CPR; and
- have the course completion signed-off by the course coordinator/instructor.

Chapter 3: Forms, Skill Sheets, Registration Instructions

Please note on the top of all of the forms, except the National Registry score sheets, are instructions on where to submit the completed forms.

Forms:

- Emergency Room/Ambulance Observation
- Clinical Site Evaluation Form
- Preceptor evaluation form
- Vital Sign evaluation form
- Patient Assessment
- Class Evaluation

Skill Sheets:

- Patient Assessment Medical
- Patient Assessment Trauma
- Oxygen Administration
- Bag-Valve-Mask Apneic Patient
- Cardiac Arrest Management/AED
- Spinal Immobilization Supine Patient
- Spinal Immobilization Seated Patient
- Bleeding Control/Shock Management
- Immobilization Skills/Long Bone Injury
- Immobilization Skills/Joint Immobilization

National Registry Registration Instructions

Creating Your Account/Applying for NREMT Exam

In-Hospital/Ambulance Service Observation Form (Submit to Course Coordinator)

This is to verify that	from
(course location) has completed	hours of the required ten (10) hour
In-Hospital/Ambulance Service Observation	of the EMT Course.
Observation Site	
Observation Supervisor	
Observation Supervisor's Title	
This is to verify that	from
(course location) has completed	hours of the required ten (10) hour
In-Hospital/Ambulance Service Observation	of the EMT Course.
Observation Site	
Observation Supervisor	
Observation Supervisor's Title	
This is to verify that	
(course location) has completed	hours of the required ten (10) hour
In-Hospital/Ambulance Service Observation	of the EMT Course.
Observation Site	
Observation Supervisor	
Observation Supervisor's Title	

Clinical Site Evaluation Form (Submit to SD EMS Office)

Name of Site
Type of facility (i.e. hospital, clinic, ambulance service)
What areas of the facility were you allowed in? (i.e. ER, hospital floor, clinic, etc.)
Time at Site
Date at site
Number patient contacts
Was your preceptor enthusiastic, helpful, available, have a good attitude?
How would you rate your overall experience?
Would you recommend this clinical site to other students?
Comments_

Please make copies of this form as needed if doing clinical at more than one site or on different dates.

Preceptor Evaluation Form (Submit to Course Coordinator)

Date	Student	
Prece	eptor	
Hosp	ital /Ambulance Service	
	se evaluate the student's ability/skills in a pre-hospital environment. will benefit the student, course coordinator, and the state EMS Office	. •
Pleas	se Circle One: 1 (Excellent) 2 (Good) 3 (Average) 4 (Poor)	
1.	Appearance (cleanliness, neatness)	1234
2.	Punctuation (was student on time)	_ 1 2 3 4
3.	Ability to interact with patients	_1 2 3 4
4.	Ability to interact with co-workers	_ 1 2 3 4
5.	Eagerness to become involved in patient care	_1 2 3 4
6.	Ability to follow instructions	_1 2 3 4
7.	Takes universal precautions	_1234
8.	Patient assessment skills	_ 1 2 3 4
9.	Psychomotor skills	_1 2 3 4
10.	Provides proper treatment	_1 2 3 4
11.	Ability to perform under stress	_1 2 3 4
12.	Ability to convey information to others correctly	_ 1 2 3 4
	Are there areas the student could improve his/her skills or perform	mance?

Vital Signs Performance Evaluation Form (Submit to Course Coordinator)

Student's Name _____

ability to take a be EMT, registered Doctor is require	plood pressure, puls nurse, licensed praced to check the stude ree patients and reco	e, and respirations w ctical nurse, physicia ent's readings for acc	ent can demonstrate the vithin the specified limits. An an's assistant, or Medical curacy. Each student will vithin the specified limits as
Blood Pressu Pulse: Respirations:	+/- 5 mmHg +/- 4 +/- 2		
	ully completed. Med adings on this forn		ducting the evaluation
monitored. Student At this time the read	readings should the dings are compared	en be given to the ex and it is determined	Intil all patients have been aminer to be recorded below whether additional evaluations must be turned in.
	Patient #1 Examiner/Student	Patient #2 Examiner/Student	
۱. Blood Pressure	Examiner/Student		Examiner/Student
	Examiner/Student	Examiner/Student	Examiner/Student
3. Pulse	Examiner/Student/	Examiner/Student	Examiner/Student/
3. Pulse	Examiner/Student/	Examiner/Student/	Examiner/Student/
3. Pulse	Examiner/Student	Examiner/Student	Examiner/Student/

Patient Assessment Form (submit to Course Coordinator)

Date	Patient Complaint: (ie. cardiac, respiratory, etc.)	Patient Age	Male or Female	Location of Assessment: ER/Ambulance/Classroom	Preceptor Signature
Stude	nt name (print):				

Student name (print):						
	nt signature:					
	· ·					



EMT PROGRAM EVALUATION FORM

(Submit to SD EMS Office)

	Course Location:			_		
	Name (not required):				
No	I would recomme	end the EMT Course Maybe		l efinitely		
Not at all	The EMT Coul Just Barely	rse has met my expo Definitely		yond m	пу Ехр	ectations
• .	estions are presente ture courses. Please ent 2. Goo	e circle one of the n		evaluat		se.
Instructors (enthusias	m, attitude, interest,	availability)	1	2	3	4
Training Methods (use	e of time, didactic, p	ractical's)	1	2	3	4
Education Literature (textbooks, workbook	ks, handouts)	1	2	3	4
Audiovisual Aids (Pov	Audiovisual Aids (PowerPoint, video, overheads)1 2 3 4					
Training Aids (availability, use, practical labs)1 2 3 4						
Written and Practical	Examinations (unde	rstandable, beneficia	al)1	2	3	4
Length of Course (too	short, too long, too	fast, too slow)	1	2	3	4
Overall Evaluation of	Course		1	2	3	4
Additional Comme	nts, Recommendatio sh	ons, or Ideas for furth eet if necessary)	ner courses	s/trainin	gs (us	e back of